

Shoreline

CHINFO Merit Award Winner



Eating healthy on base
You can do it!
see page 5



Distance learning, the
new virtual classroom
see page 5



**HAPPY
JULY 4TH**

Next issue street date
Friday, July 14th
Submission deadline
Friday, July 7th

Buckle Up! Seatbelts save lives, plus it's the law!

By: JO1(SW) Brianna Dandridge
Navy Charleston Shoreline

Each year, people not wearing seatbelts while driving, or wearing helmets while riding motorcycles cause 20 percent of all accidental deaths. More and more people are learning the lesson that seatbelts save lives; however many families, friends and shipmates are left mourning each year for those who didn't get the word or didn't pay attention.

DoD policy states that military members are required to wear seatbelts on or off base, even in states that may not require them. Right now, the 100 critical days of summer are well underway. Recreational and motor vehicle deaths climb at an alarming rate during this time of year. Service members are reminded that Sailors and Marines must wear seatbelts, period.

The numbers don't lie. National Highway Traffic Safety Administration (NHTSA) reports that child restraints saved 451 children in 2004. Seatbelts saved 15,434 people and airbags and additional 2,647 lives during the same period. Seatbelt use has risen from 58 percent in 1994 to 92 percent in 2005. If the number of seatbelt users reach 100 percent use, and it will save an additional 5,839 lives a year according to NHTSA.

Wear seatbelts and helmets, they make sense, are the law in many states, and are the Department of Defense rule for all military members.

According to Secretary of Defense Donald Rumsfeld, far too many DoD military and civilian personnel die each year in private motor vehicle



Photo by Bart Jackson

One click saves lives!

Ens. Ken Jew fastens his seat belt prior to leaving the Station and heading home. It's not just a good idea, it is a South Carolina law and required on Station.

accidents between Memorial Day and Labor Day.

"Each of the last two years, I have asked commanders and supervisors to review your policies pertaining to highway and recreational safety and to make sure they are in line with the latest guide-

lines available," said Rumsfeld. Even so, this needless loss of life continues.

For more information visit the Naval Safety Center Web site at www.safetycenter.navy.mil or call 764-7000.

SGLI premium rate changes take effect July 1st

Special release from the U.S. Department of Defense

WASHINGTON (NNS) —

Effective July 1, 2006, the monthly premium rate for basic Service Members Group Life Insurance (SGLI) will increase by 5 cents per month for each \$10,000 of coverage, from 65 cents per month per \$10,000 to 70 cents per month per \$10,000. On the same date, Family SGLI premiums will decrease across the board.

The most recent SGLI premium change occurred in July 2003 when the monthly premium rate for basic SGLI was reduced from 80 cents per \$10,000 of insurance to 65 cents per \$10,000. That change was made to reduce surplus reserve funds in the program. A small increase in the SGLI premium rate is now necessary for the program to remain in sound financial condition, while covering the cost of peacetime claims. It is important to

note that the cost of wartime SGLI claims is borne by the uniformed services, not by service members.

As a result of this increase, members who have the maximum \$400,000 of SGLI coverage will see their monthly SGLI deduction from service pay increase by \$2 a month, from \$27 to \$29, beginning with their July 2006 pay. This monthly SGLI premium includes a \$1 per month charge for Traumatic Injury Protection coverage, which took effect Dec. 1, 2005 and provides payments of up to \$100,000 for serious traumatic injuries.

Also effective July 1, 2006, Family SGLI monthly premium rates will be reduced for all age groups by an average of 10 percent. The new rates reflect better-than-expected claims experience for each age group in the Family SGLI program. The current and revised premium rates are shown in the table posted at www.defenselink.mil/releases/2006/nr20060614-13247.



Welcome aboard!

The Station welcomes the new XO, CDR Gregory Claibourn aboard. Claibourn recently completed a tour of duty at Naval Sub Base, Kings Bay, Georgia.



Naval Weapons Station Charleston



Mission

To enable warfighter readiness by providing base facilities, infrastructure and operational support to our tenant commands.

Commanding Officer
CAPT Gary W. Edwards
Executive Officer
CDR Gregory Claibourn
Command Master Chief
CMDMC(SS) Bob Shannon

About the Shoreline

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Captain's Log

By **CAPT Gary W. Edwards**
Commanding Officer NWS
Charleston



This weekend and through the middle of next week, Americans will remember the signing of the Declaration of Independence by the Continental Congress on July 4, 1776.

At the time of the signing, the US consisted of 13 colonies under the rule of England's King George III. In 1774 the 13 colonies sent delegates to Philadelphia to form the First Continental Congress. In April 1775 as the King's troops advanced on Concord, Mass., Paul Revere would sound the alarm that "The British are coming!" as he rode his horse through the late night streets. The battle of Concord and its shot heard round the world would mark the unofficial beginning of the colonies war for Independence.

Thanks to our MWR department, there will be plenty to do this weekend to observe the birthday of our great nation. This year's Freedom Fest, held on July 1st, will be an outstanding family event at Marrington Plantation with great food, an outstanding local band and a fireworks show. MWR is also going have entertainment in addition to another fireworks display at the Short Stay Recreation Center on Lake Moultrie.

I've pointed out above that MWR is providing two fireworks displays this weekend. I also need to point out that other than these displays, fireworks are not allowed on NWS Charleston. This is a Weapons Station, and bringing explosives on the base is tightly controlled and this includes Family Housing. I recall last July 4th when I was driving on base in the evening and I noted that some folks weren't playing by these rules. If you purchase fireworks, handle all such materials with great caution, and don't bring them onto the installation. According to Prevent Blindness America, there were more than 9000 fireworks-related injuries in 2004 nationwide. We want you back without injury so I urge everyone to leave the fireworks to the professionals this year and enjoy the shows at Marrington or Short Stay.

Fireworks are one reason that this is known as the second most deadly weekend of the year, but they aren't the biggest reason. Traffic accidents are typically the number one killer. I am sure many of you will hit the road to see the sights and reacquaint with loved ones. A sobering thought passed along to us recently is that "89 Sailors and Marines would be celebrating July 4th, 2006 with their families and friends this weekend had they not been killed on the highway in the last 8 months."

So please be well rested while traveling, watch out for dangerous driving conditions, and keep an eye on the other guy. And speaking of "sobering thoughts," sober is the only way to be, particularly if driving a car, a boat or a bike.

I'm a runner, and like many people trying to stay in shape who are also pretty busy during 'normal' working hours, I can be found on the bike paths and roads running after the sun has set or before it has breached the horizon. I need to remind fellow runners and cyclists who run or bicycle on our roads that they are required to wear reflective materials during low-light conditions. Also, while bicyclists are required to ride in the same direction as traffic, runners must travel against traffic. Both should use bike paths if they are available. Runners and bicyclers should avoid laydown areas such as the ones adjacent to Wharf 'A', the TC dock, 'A' track (located along the east end of See Gator Road) or 'F' track (located between 6th and 7th Streets).

Those of you who read these columns note that I devote much of my words to safety. I also spend a lot of time talking about safety. The Naval Weapons Station staff has implemented the OSHA Voluntary Protection Program (VPP) and we expect a visit by OSHA sometime in the next few months to see how we are doing and to certify our status in the program. I want all of our people to recognize, however, that VPP is just a means to an end. The goal is to have a safe workplace, a workplace where people don't get hurt on the job, and where safety incidents are prevented before they occur. VPP is a path to get there, and it requires management leadership and employee involvement. It's about WORKING SAFELY.

Finally, be careful at the beach and on the road. Please use extra caution this weekend and all throughout the summer. I care about all of you and I want to see you back to work after the July 4th weekend.

Chaplain's Corner

Decisions, Decisions, Decisions

CDR David Butler, CHC,
U.S. Navy Reserves

This is not a political commentary, and certainly not a political article. It is simply a reminder that when very significant things are taking place in our community and our world, we need to be a part of the action.

No matter what is happening and no matter what the events, we live in a nation that encourages us to voice our thoughts and desires as we cast our vote. Having just completed my civic responsibility to vote in the local and state primaries, I am reminded of the need we have to make the very best decisions possible.

It is important that we do not make our deci-

sions based on reactions only, but that we give some thought to the issues and the situation so that we make informed decisions.

This is true with everything in life. The decision to be a member of the military is a decision that needs to be made only after learning as much as possible about a military career and lifestyle. In one of my early billets, I visited many Sailors who were in the brig because of having gone UA. Some of the stories I heard were heart-breaking and a part of me understood how one could make a decision (although a bad one) to go UA as they tried to deal with a family crisis.

But many of the stories I heard simply stated that the Navy or the Marine Corps wasn't what they thought it would be, or it hadn't turned out like a recruiter promised. We can't make decisions only based upon facts someone else tells us. We have to take responsibility for

informing ourselves of the facts.

Getting married. Raising children. Buying a home. Being religious and practicing your faith. Making your voice heard when you vote. These are all important decisions.

Making decisions is never easy. If it were easy no one would ever procrastinate about making one. But decisions dictate how we live the next moment and the direction our life will take.

While we serve in the military many decisions are made for us, but not all. Therefore, we need to learn how to make good decisions. And good decisions are made when we have all the facts.

Do the research. Make an informed decision. Don't put decisions off until tomorrow if they can be made today. Decisions, decisions, decisions well, they're a part of life. Learn to make good ones!

CNO selects CMDCM (SW/FMF) Campa as next MCPON

**Special release from the
Navy Office of Information**

WASHINGTON (NNS) — Chief of Naval Operations Adm. Mike Mullen announced June 16 that he has selected Master Chief Petty Officer (SW/FMF) Joe Campa to succeed Master Chief Petty Officer of the Navy (MCPON) (SS/AW) Terry D. Scott.

Campa currently serves as the Command Master Chief for Joint Task Force Guantanamo Bay, Cuba.

"Master Chief Campa follows a legacy of tremendous service by MCPON Terry Scott," said Mullen. "Master Chief Campa has the Fleet and Fleet Marine Force experience to represent our Sailors not only standing watch at sea and ashore, but also serving in non-traditional missions across the globe. I am looking forward to working with him as we continue to address the important issues facing our Sailors and their families."

A native of Lynwood, Calif., Campa enlisted in the Navy June 2, 1980, and completed Recruit Training and Hospital Corps "A" School in San Diego.

His duty assignments include service aboard the San Diego-based USS Ogden (LPD 5); Naval Medical Center, San Diego; 7th Marine Regiment, 1st Marine Division, Camp Pendleton, Calif.; Naval Hospital Long Beach, Calif.; 3rd Force Service

Support Group, Fleet Marine Force, Okinawa, Japan; Naval Hospital Bremerton, Wash.; 1st Force Service Support Group during the Persian Gulf War; USS Comstock (LSD 45), based in San Diego; and Naval Training Center Great Lakes, Ill.

Campa was selected to the Command Master Chief (CMC) program in May 1999. His first CMC tour was aboard USS Curtis Wilbur (DDG 54) in Yokosuka, Japan. During his tour, the ship deployed to the North Arabian Sea in support of Operation Enduring Freedom.

He subsequently served as the command master chief of Guam-based USS Frank Cable (AS 40).

Campa is a distinguished honor graduate of the U.S. Navy Senior Enlisted Academy, a graduate of the U.S. Army Sergeants Major Academy and has completed the Army Command Sergeants Major course, and has a bachelor of science degree from Excelsior College.

In March, he graduated from the Naval War College with a Master of Arts degree in national security and strategic studies.

"The greatest thing about the Navy is that it gives everyone who enlists to serve our country a chance," said Campa after learning of his selection. "No matter where we come from before we put on the uniform, our Navy gives us all the same chance for success. I am proud to serve in an organiza-

tion that gives us all opportunities for world-class, state-of-the-art training, an education, help with a direction in life, and service with honor."

"Because of the chance the Navy gives us all to succeed, we're only limited by our individual willingness to work hard and our own desires," he added. "I am eternally grateful for the opportunity the Navy gave to me when I first raised my right hand, and how the Navy continued to provide opportunities for success and growth, personally and professionally, throughout my career."

"There is no way I would be in this position without the help of my shipmates and my friends, and my family. I am humbled beyond words for the opportunity and responsibility I now have been given to serve in this role as MCPON, and I am determined to make sure our Navy continues to offer such opportunities to the best people our country has to offer," Campa said. "To me, that is the best way I can repay in some small way the help, encouragement and faith all the people who have touched my life have given me."

As the Navy's senior enlisted sailor, the MCPON serves as an advisor to the Chief of Naval Operations and to the Chief of Naval Personnel in matters dealing with enlisted personnel and their families.

The MCPON also is an advisor to the many boards dealing with enlisted personnel



CAMPA

issues; is the enlisted representative of the Department of the Navy at special events; may be called upon to testify on enlisted personnel issues before Congress; and maintains a liaison with enlisted spouse organizations.

The change of office ceremony is scheduled for July 10 at the Washington Navy Yard.

For more news from around the fleet, visit www.navy.mil.

Seaman to Admiral Program now accepting applications

**By: MCC Bruce Moody, Naval Service Training
Command Public Affairs**

GREAT LAKES, Ill. (NNS) — The Seaman to Admiral (STA-21) commissioning program, which provides a pathway for qualified Sailors to receive college educations and Navy commissions, is soliciting applications for fiscal year 2007.

Deadline for applications is July 15, 2006. The selection board will meet during September 2006, and the names of selectees will be announced via message traffic in October 2006.

STA-21 is a full-time undergraduate education and commissioning program open to enlisted personnel of all paygrades and ratings who meet eligibility requirements, said Cmdr. Cathy L.W. Kempf, head of Selection and Placement for Naval Service Training Command, Officer Development.

STA-21 is designed to improve support for Sailors interested in earning a baccalaureate degree and a commission as a naval officer. Selectees are authorized a maximum 36 months of full-time, year-round study to complete a baccalaureate degree, however, preferential consideration will be given to those applicants requiring 24 months or less of full time study.

Participants in the STA-21 program remain on active duty while attending college and benefit from an education voucher valued at up to \$10,000 per year to cover tuition, fees and

book costs. STA-21 participants will become members of and drill with a local NROTC unit. Upon graduation, STA-21 participants will be commissioned as ensigns and return to active duty in the fleet.

In addition to the \$10,000 per year voucher, Sailors receive their basic pay and basic allowance for housing and are eligible for advancement, and many will be eligible for fleet housing units, as well.

Candidates may apply for either the STA-21 Core Option or the STA-21 Target Option programs. The STA-21 Core Option allows officer community assignment to an unrestricted line designator during the final year of college based on the needs of the Navy, individual qualifications, aptitude, experience and preferences.

A limited number of STA-21 Target Option billets are available for those interested in joining the following communities upon entry to STA-21: Nuclear (Surface or Submarine), Aviation (Pilot), Aviation (Naval Flight Officer (NFO)), Surface Warfare (SWO), Special Operations (SPECOPS), Special Warfare (SPECWAR), Nurse Corps (NC), Supply Corps (SC), Special Duty Officer (Intelligence), Special Duty Officer (Information Warfare), and Civil Engineer Corps (CEC). Those not selected for these Target Options will, if desired, be considered for the STA-21 Core Option. With the exception of Special Warfare and Submarine options, STA-21 designators are open to both genders.

All STA-21 officer candidates will attend the Naval Science Institute (NSI) course at Officer Training Command, Newport, R.I., prior to beginning college studies at an NROTC-affiliated college or university. NSI is an eight-week course of intense officer preparation and indoctrination. Course enrollment is timed to allow college entrance during fall, spring or summer semesters/quarters.

A limited number of selectees will be chosen to attend a three-month individualized program of study at BOOST (Broadened Opportunity for Officer Selection and Training) School in Newport to assist in the transition to college. Following completion of BOOST, selectees will attend NSI en route to their university assignment.

Program coordinators stress that age requirements are significantly different this year.

For a complete list of requirements and more information on STA-21, see OPNAVINST 1420.1A, NAVADMIN 161/06, or visit the STA-21 Web site at www.sta-21.navy.mil. Sailors should consult with their command career counselor and chain of command for submission requirements and recommendations.

For related news, visit the Naval Service Training Command/Navy Region Midwest/Naval Station Great Lakes Navy NewsStand page at www.news.navy.mil/local/great-lakes/.

**Anytime you need more information about events,
activities or Hurricane Conditions on Station, tune to:**

WEPS-TV2
Comcast Channel 2



-SPECIAL NOTICE-

1. The Pass and Badge office located at Building 302 will change hours on July 3 to 7:00 a.m.-3:00 p.m. and will be closed on July 4. The office will resume our regular hours of operation July 5.
2. One day passes may be obtained, when The office is closed, at the Commercial Vehicle Inspection (CVI) Building 2302, across the road from Building 302.

TRAFFIC SAFETY NOTE:

OPNAVINST 5100.12G (Navy Traffic Safety Program) states, "Joggers are not authorized to run on roadways during high traffic density and peak traffic periods. When jogging on roadways not defined, personnel shall jog in patrolled areas and wear light colored clothing. At night or in period of reduced visibility, personnel shall wear reflective clothing. Joggers shall jog facing oncoming traffic, in single file and obey traffic rules." WPNSTACHASNINST 5560.1A further states, "Military formations and other groups using NWS Charleston roadways or streets for official functions shall have the right of way over all vehicular traffic except emergency vehicles performing official functions. Speed while passing such formations or groups shall not exceed 10 mph. Military units or groups using roadways and streets for official functions will provide traffic control personnel."

Navy personal data on Web is Katrina-related

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — Personal information on more than 30,000 Navy Sailors and family members discovered on a civilian Web site in June provided data on personnel who were stationed in areas affected by Hurricane Katrina in 2005.

The Chief of Naval Personnel was notified June 22 that an open Web site contained five spreadsheet files with personal information, including the name, birth date and social security numbers of several Navy members and dependents.

The Naval Criminal Investigative Service (NCIS) is investigating how the information was obtained, why it was posted, and how long the information was on the web site.

The Navy continues to notify individuals who were affected, and the Navy Personnel Command (NPC) call center in Millington, Tenn., is manned 24 hours a day to assist Sailors and their families.

The NPC call center number is 1-866-U-ASK-NPC (1-866-827-5672).

Letters were mailed to all 30,618 service members and their families affected by the data loss. In addition, information on how to watch for suspicious activity on personal accounts is posted on the NPC Web site -

www.npc.navy.mil.

There is no evidence that any of the data has been used illegally thus far. However, individuals are encouraged to carefully monitor their bank accounts, credit card accounts and other financial transactions.

The Navy Charleston Shoreline



Photo by: JO1(SW) Brianna Dandridge

Workin' at the car wash blues...

MM1(SW) David Kriner (left) and BM1(SW) Christopher Gray participate in a recent fundraiser featuring a car wash and hot dog lunch for the Station's First Class Association. Funds raised will support local events and charities.



Photo by: Ens. Kent Su

Mmmmm...burgers...

PSCS(SW/AW) Kim Werla (center) enjoys the festivities along with her husband Tim and son Nick. Marrington Plantation hosted the recent PSD Summer picnic. Just over 65 people enjoyed an afternoon of food and family activities, such as horseshoes, volleyball and the obligatory three-legged race. Kudos to PSD's Lt. Scott Hafley for envisioning the event, and Mark Whitfield and his team for making it all work.

www.nwschs.navy.mil

Avoid FEP, start eating healthier now!

By ENS Kent Su
Navy Charleston Shoreline

Each day Sailors around the Weapons Station wonder what they should eat for lunch. Usually eating fast food enters most people's minds, but this choice isn't the healthiest nor is it the most convenient. Instead of going to North Charleston or Goose Creek, consider eating on base either at the Galley, the Redbank Club, or the Fairway Grill.

The Galley, located next to Naval Nuclear Propulsion Training Command, is open for breakfast, lunch, and dinner to all military personnel. It offers nutritious meals at reasonable prices. To help people eat healthy, the Galley puts calorie information for all meals and it offers a salad bar containing an assortment of vegetables. HN Johnny Tolbert, Naval Hospital Wellness Department, likes the Galley's fresh salad bar and variety. The workers there are very friendly and polite. Plus there is a lot of space. He especially enjoys the Galley's baked potatoes.

The Redbank Club, located off Redbank road, offers lunchtime patrons either a buffet or food off a short order menu. I enjoy the salad bar and the food mix, said LT Jeffrey Morin, Admin Department. For the health conscious Sailor or civilian, the salad bar

is a good nutritious choice. The buffet lets eaters choose what they want for lunch, so a smart person should choose baked food over fried stuff, and should load up on vegetables.

The Fairway Grill located off Redbank Road at the golf course is open for lunch everyday and for breakfast on the weekends. Civilans and Sailors can get some healthy golf food or lunch if they order salads and grilled food.

When deciding what to eat, look at nutrition information and the number of calories. Bodies need proteins, vitamins, minerals, carbohydrates and even fats, so it's important to eat balanced meals. The government's website, www.mypyramid.gov, gives recommendations on healthy diets. The body also needs calories for energy. It's vital to consume enough calories to meet energy needs, or cut back on some calories to lose weight. Refer to the Food and Drug Administration's website, www.fda.gov/FDAC/graphics/foodlabelspecial/pg44.pdf, for calorie management information.

In the future, think about eating on base. There are plenty of healthy choices, and they won't cost an arm and a leg. Being healthy doesn't need to be expensive, and it doesn't require lots of extra effort.



Distance Learning, today's alternative to traditional classrooms

By ENS Kenneth D. Jew
Navy Charleston Shoreline

Thirty years ago, going to college part time was the exception. Today it is the rule.

In the Navy, smarter, more educated Sailors are needed to keep pace with the onset of organizational restructuring and the Navy's pursuance of advance technology. The near future may require that all Sailors must have a college education to stay competitive.

Through the Defense Activity for Non-Traditional Education Support (DANTES) Distance Learning Program, Sailors can pursue a college degree anywhere around the world as long as they have access to the Internet.

"I was a traditional student at Jacksonville Community College but then I was deployed overseas. While underway in Japan, I was told about Distance Learning and used it, said Legalman Second Class Tiffany N. Garfield, who is pursuing a degree in Criminal Justice and Business Administration through distance learning.

"I found it easier than traditional methods because distance learning is self-paced with flexible due dates and you don't have

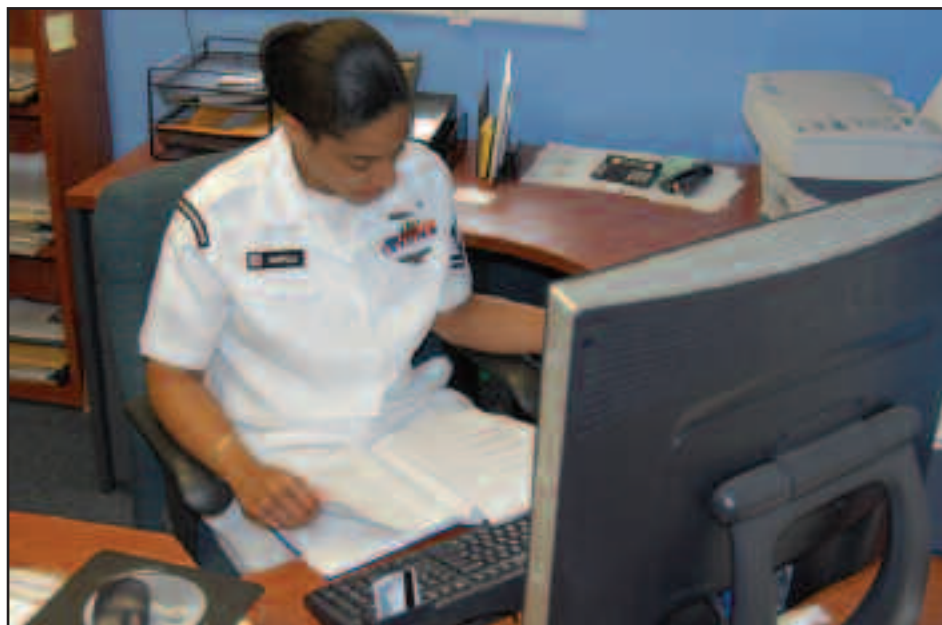


Photo by: Bart Jackson

The new virtual classroom

LN2(SW/AW) Tiffany N. Garfield is shown in today's virtual classroom setting, that being anywhere you have an internet connection. Garfield is a part of the Navy's DANTES system, and is currently pursuing a BA in Criminal Justice.

to commute to your school.

"However, the program is not for everyone. If you're not dedicated, it is very easy to fall behind and fail because no one is there to advise you and tell you that you have to go to class," said Garfield.

For Sailors who already have a bachelor's degree, distance learning offers an opportunity to further academic portfolios with master and doctorate's degrees. Lieutenant Jeffrey Morin, administrative officer at Naval Weapons Station

Charleston, is pursuing a doctorate of education degree (EdD.) at the University of Phoenix.

"I could have pursued the same degree using traditional methods but I wanted a different perspective.

"Using the online method allows you to interact with other students around the world," said Morin.

The Navy is changing its identity by moving away from a traditional military structure to a more business-like model.

"Corporations are placing higher standards on their employees but getting their employees to go to school is hard. Over time, corporations will look online as an opportunity to educate their work force and will look at online students and ground students the same," said Morin.

As the Navy modernizes, sailors must follow because without the support of those most affected by the change, the transformation will not be successful. Being the best does not mean the organization cannot get better. For an organization to get better, the people must excel.

For more information on distance learning, visit the Navy College Campus located in building 302 suite 140.



Photos, Layout and Design by Bart Jackson

Spouse 101: Boot Camp for military spouses

JO1(SW) Brianna Dandridge
Navy Charleston Shoreline

When marrying a member of the United States military you have married into two families. You've just gained a brand new biological family and military family. The military family comes with a whole new language and set of rules that are often completely foreign and at times confusing.

So the Fleet and Family Support Center holds a mini-boot camp for military spouses. They proudly call it Spouse 101. A complete survival guide to understanding acronyms, chain of command, and the many benefits available to the spouse of an active duty service member.

"Sometimes the support of a spouse can make or break a career," said Rebecca Bowers, educator and ombudsman coordinator, Fleet and Family Support Center.

Although many commands offer a "spouse night" that differs from the more extensive FFSC sponsored Spouse 101. This class is a 3-hour indoctrination that covers military culture, ombudsman support, FFSC, education benefits and the importance of networking. This class discusses the mobile lifestyle, flexible work schedules, deployments and health care. These issues seem to cause the most confusion for many military spouses.

"Don't be afraid to seek help. Our services are completely confidential and seeking help will absolutely not harm anyone's career," said Bowers.

"I can answer questions about commands or Naval Weapons Station Charleston in general, or I research the



answer," said Kelly McLaughlin, volunteer instructor and ombudsman.

Bowers claims that this is a great class for spouses that are new to the military lifestyle. Her goal is to provide every new spouse an opportunity to learn more about the military community and network with other spouses. "I was a military spouse for 20 years so I know how important this class really is," said Bowers. "With advance registration we can even provide free child care to attend."

The military life is a whole new world and this class aims to close the bridge between civilian and military spouse. "As an ombudsman, I communicate between the command and families," said McLaughlin.

"It's really important that we let spouses know that FFSC is there to help before, during and after each change of duty station," said Bowers. "There is a lot to know and a lot to understand about becoming a military spouse."

Spouse 101 is open to all commands and is free to attend. For more information or to enroll in the next class contact FFSC at 764-7480.

The War Within The War

By IT2 Stylicia Bowden

We began with a smile serving our country
With a patriotic heart.

We soon realized this duty was far beyond the
enemy's line of fire.

Troops were sent from east to west to stop the war
that had America in fear.

Waiting patiently until freedom was clear.
Rage and death approached us from afar but we still
did not give up without a passion to win the fight.

Nights move on as soldiers die waiting to capture,
The enemy we are up against.

Looking above and remembering our oath and
The commitment we made to our country to keep
us going on.

Honor to endure what seems to be
impossible to accomplish,
Courage to go on
when we want to turn away,
Commitment to see this war to the end.

Soon we will begin to raise
that old red, white and blue.
As we understand our duty is to our country,
our family and our peers.
Then we shall stand united
shedding the freedom of our blood and tears.

Family & Housing News

Attention Parents!

NWS Charleston instruction 11101.22, states: "Military Family Housing (MFH) residents who elect to leave a child unattended at their residences will assure that the child has attained the age of at least 12 years. Parents must assure that the child is of responsible character and possesses sufficient knowledge and capability to contact the parents or emergency response organizations should the need arise."

Medical Emergency List

The Housing Welcome Center maintains a listing of residents with medical problems or who have special requirements. The purpose of the listing is to provide priority response and repair to air conditioning, heating, and electrical service required by residents due to a medical condition. The listing also provides a means whereby these residents may be contacted in the event of scheduled or unscheduled utility interruptions to determine assistance requirements. To be placed on the list, submit a statement of need from your attending physician to the Housing Welcome Center.

Tips to Deal with the Heat

Summer is officially here, and that means outdoor activities such as trips to the beach, water parks, and barbecues, vacation time and working outdoors.

The following is a list of tips to help deal with the heat.

- * Drink plenty of water.
 - * Wear loose fitting, light colored clothing and keep your head covered when cutting the grass, edging and trimming bushes.
 - * Watering the lawn should be done early morning or late in the evening when the sun is not directly overhead.
 - * Make sure that your pet has plenty of fresh water in a place out of the sun.
 - * Mosquitos like warm/hot weather, so keep your grass cut low, your doors tightly closed, and remove standing water from around your home.
- As the temperatures rise, your air conditioner will work a lot harder. Ensure that windows and doors are closed. Turn on your ceiling fans to help circulate the air inside your home. Your air conditioner will cool down your home approximately 10 to 15 degrees from outside temperatures.
- Enjoy Your Summer!!!!

Bachelor Housing Note

Summer's here and more people are using gas grills. Bachelor Housing (BH) residents are authorized to have grills in the areas on the first floor only. Grills may not be utilized on covered patios. The pavilions and park areas are for use of BH residents desiring to host recreational/social events. A request should be obtained

from the Front Desk and approved prior to hosting the event. The pavilion may be used between 0800-2200 daily. Hosts and guests are reminded that the noise level should be maintained at a minimum. For outside events, the playing of music will be maintained at a moderate level appropriate for the listening pleasure of personnel in the immediate area attending the event. A disturbance is considered to be any action, which interrupts the quiet, rest, and peace of another resident or individuals in adjacent residences.

Accidents and Medical Emergencies. In the event of an accident or medical emergency, personnel at the scene should provide assistance as the situation warrants. Notify the Front Desk and request appropriate professional assistance by calling Medical Emergency at extension 911. Injuries or illness commonly result from one of the following causes:

- * Defective electrical equipment, including damaged insulation, electrical connections, unsafe personally owned equipment, or overloaded circuits.
- * A medical condition with sudden, incapacitating effects such as heart attacks or epileptic seizures.
- * Poisoning from improper stowage of food, use of unsanitary tableware, or drug overdose, including alcohol.
- * Assault or other unlawful act.
- * Falls that may occur as a result of slippery or wet decks and obstructed passageways.



Meeting Your Needs. At Home. At Sea.

FFSC Schedule of Workshops

| | | |
|----------------------------------|------------------------|---------------------------------------|
| July 4 | Closed for the holiday | |
| July 10 | 10 a.m. - Noon | Positive Parenting Seminar Part One |
| July 11 | 1 - 4 p.m. | Stress Management |
| July 13 | 10 a.m. - Noon | Positive Parenting Seminar Part Two |
| July 17 | 10 a.m. - Noon | Positive Parenting Seminar Part Three |
| July 18 | 1 - 4 p.m. | Anger Management |
| July 19 | 10 a.m. - Noon | Positive Parenting Seminar Part Four |
| Every Tuesday | 10 a.m. - Noon | Family Employment Readiness Program |
| Every Wednesday | 9:30-11 a.m. | Play Mornings |
| Registration is required. | | |

Writing a Resume?

Receive the latest information and helpful hints for creating an eye-catching resume by attending an Advanced Resume Writing class at the Fleet and Family Support Center, building 755.

This class provides expertise by guest speakers from the human resources community and allows you the opportunity to ask questions, interact with others, and have your resume reviewed/critiqued.

Join your Fleet and Family Support Center Jul 19th for a couple of hours (1 -3 p.m.) that could help to launch your career!

Please call 764-7480, ext. 12, to register.

Need help in effectively controlling your anger?

Your Fleet and Family Support Center (FFSC) will, once again, hold an Anger Management workshop in Building 786. We all know what anger is, and we've all felt it: whether as a fleeting annoyance or as full-fledged rage. Anger is a completely normal, healthy emotion unless the emotion controls your life. Come join us July 18, 1 - 4 p.m.! Understand and control your anger. Learn tips and techniques to help control rage and increase your quality of life.

For more information or to sign up, please call 764-7294



Looking for a job?

Family Employment Readiness Workshop held every Tuesday 10 - 11 a.m. at FFSC, Bldg. 755. This workshop provides assistance, information and referral on employment and educational resources and opportunities to eligible family members of military personnel, retiring and separating military personnel and family members of relocating civil service personnel. A local staffing agency is available after the workshop. Call 764-7480 for more details.

Feeling Stressed?

Join your Fleet and Family Support Center staff on June 13th from 1 - 4 p.m. for a Stress Management Workshop that could help to change your life! This workshop provides a positive, productive discussion on the critical topic of stress. The workshop is interactive and... it's fun! You'll find that you can achieve success under stress. You'll have the opportunity to: Talk openly about any concerns you may have; be introduced to alternative ways of dealing with stressors related to change that may benefit your career and your personal life; accept change by exploring options; and develop solid stress coping skills to help boost morale and prevent burnout.

For more information, call 764-7294.



Leisure TIMES

MWR News For Navy Charleston

Unless otherwise indicated, Liberty trips and events are open to all hands of NWS Charleston and its tenant commands (active duty, civilian and dependents, ages 18 and up). Sign up for these events at the ITT office located in the Outdoor Adventure Center (Building 1700, Fletcher Street). The ITT/OAC/Liberty building is open from 11 a.m. until 6 p.m., Monday through Friday, and 11 a.m. to 4 p.m. on Saturday. Call 764-7002 or 764-2120 for more information or check us out on the MWR website at www.mwr.nwschs.navy.mil.

It's 'gonna be a Blast!

Freedom Fest, Saturday, Jul. 1, 5 p.m.,
Marrington Plantation

Don't miss the fun and excitement of Freedom Fest at Marrington Plantation. There will be live music, a fireworks show, mechanical bull rides, jousting and Sumo wrestling tournaments, a "Grab for Cash" booth presented by First Command Financial Planning, prizes, cold beverages, great food and kids' games! And best of all, admission is FREE! Contact Kara for more information at 764-7002.

Gotta' know when to hold 'em...

Poker Night, Thursday, Jul. 6, 6 p.m. at the Dive

Join Liberty as we host a Texas Hold'em Tournament at the Dive. There is no entrance fee and the tournament will be played until there is only one winner. There are plenty of drinks and food to choose from at the Dive and prizes will be awarded to the 1st and 2nd place winners. This will be a night of friendly competition between shipmates. For more information, please contact Kara at 764-7002.

Ready for a road trip?

Trip to Myrtle Beach, Saturday, Jul. 8. The van will leave the ITT/OAC parking lot at 8:30 a.m.

If you are looking for a day of fun in the sun, Liberty has it. We will be heading to Myrtle Beach for a day of games, sunbathing, and relaxation. The day will end with dinner at Medieval Times. The trip will last all day and the cost is \$45, which includes transportation, games, and dinner. Sign up at ITT/OAC by Jul. 5. For more information, please contact Kara at 764-7002.

Ready?...take a deep breath

Discover Scuba, Tuesday, Jul. 11, 6 p.m. at New Wave Aquatics Center

Discover scuba is a free class designed to familiarize you with the equipment as well as affording you the opportunity of experiencing diving first hand. The classes will be held in 30 minute increments between 6 and 8 p.m. Sign up at the ITT/OAC by Jul. 7. For more information, please contact Kara at 764-7002.

The pursuit of trivia

Trivia Night, Thursday, Jul. 13, 6 p.m. at the Dive

Do you know how many times the Yankees have won the World Series? Or who shot Abraham Lincoln? Come test your knowledge on sports, entertainment, history, and much, much more. Have fun and learn something at the same time. Prizes will be awarded to the winners. For more information, please contact Kara at 764-7002.

Sounds like a party to me...

Barracks Bash, Friday, Jul. 14, 5 p.m. at the NNPTC Multipurpose Fields

Get ready for some fun in the sun with lots of water! Prepare yourself to get wet and wild with games galore. Those in attendance will get wet! There will be food and drinks provided by Liberty at no cost, all you have to do is show up! For more information, please contact Kara at 764-7002.

Ready to take that big leap?

Skydiving, Saturday, Jul. 15. The van will leave the ITT/OAC parking lot at 6:30 a.m.

Come fly with Liberty! If you have ever wanted to jump out of a perfectly good airplane, now is your chance. It will be \$135 for first time jumpers and \$45 (static line) for those who have jumped at Skydiving Walterboro

before. Sign up at ITT/OAC as soon as possible! The deadline to sign up is Jul. 12. For more information, please contact Kara at 764-7002.

A deep breath - Part II

Discover Scuba II, Tuesday, Jul. 18, 6 p.m. at New Wave Aquatic Center

Come discover scuba with Liberty! This is your chance to experience whether or not you would like to take scuba classes. Sign up at the ITT/OAC by Jul. 14. For more information, please contact Kara at 764-7002.

X-Box masters...press Start

Xbox Tournament, Thursday, Jul. 20, 11:30 a.m. in the NNPTC Bowman Activity Center

Why play sports outside in 100 degree weather when you can play them in a nice air conditioned room? Join Liberty at a sports Xbox tournament at lunch. No need to sign up, just bring your game. For more information, please contact Kara at 764-7002.

Want to see Shamu?

Sea World (weekend trip to Orlando), Friday, Jul. 21. The van will leave the ITT/OAC parking lot at 4:30 p.m.

Who wants to see Shamu? Join Liberty on a great weekend get-away. We will be leaving at 4:30 p.m. on Friday and return by 6:30 p.m. on Sunday. The price is \$140 per person, which includes travel and hotel. Admission to Seaworld is free for active duty personnel and three direct dependents. Please stop by the ITT/OAC building to sign up by Jul. 17. For more information, please contact Kara at 764-7002.

Think you're a pool shark? Here's your chance to prove it! Liberty will be hosting a single-elimination tournament with prizes awarded to the top two participants. No sign-up is required. Just show up ready to play. For more information, please contact Kara at 764-7002.

Rack 'em!

Pool Tournament, Tuesday, Jul. 25, 4:30 p.m. at the Dive

Think you're a pool shark? Here's your chance to prove it! Liberty will be hosting a single-elimination tournament with prizes awarded to the top two participants. No sign-up is required. Just show up ready to play. For more information, please contact Kara at 764-7002.

Wanna' play in the dark?

Glow-in-the-Dark Walleyball, Thursday,

Jul. 27, 7 p.m.

Have you ever thought about what would happen if you mixed racquet ball and volleyball? We did and here it is, Walleyball! But we didn't stop there, thrown on some black lights and a glow-in-the-dark ball and you've got a game! For more information, please contact Kara at 764-7002.

One party...just add sand!

Beach Party, Saturday, Jul. 29,

Do you have what it takes to be an Olympian? Obviously not because your not there, so try your luck at the Olympic Beach Party. Here, you will have the chance to take home the gold medal for your team. These games will commence promptly at 11 a.m. and conclude at roughly 3 p.m. Sign up at the ITT/OAC by Jul. 26. For more information, please contact Kara at 764-7002.



Summer reading is fun!

Library summer reading program continues

Participants who registered for the "Voyage to Book Island" summer reading program must turn in their completed reading list by Jul. 15. The first 25 participants that turn in their completed reading list may sign up for the party to be held at the library, Friday, July 21 from 1 to 3 p.m. For more information, please call the library at 764-7900.

Happy hunting for everyone

Back to school scavenger hunt

The NWS Library will have a back to school scavenger hunt Jul. 28 from 2 to 4 p.m. FIND A BOOK & WIN A PRIZE! Children ages 5-12 will be given a clue. When he or she finds the book, they will win a school supply. They are then given other clues and continue hunting until time is up. HAPPY HUNTING!

Want free ice cream?

July is National Ice Cream Month

The NWS Library recognizes National Ice Cream Month in July. As a special treat, on Friday, Jul. 7, the library will give away ice cream to the first 25 patrons that check out books.

For more information about any of the NWS Library's programs or services, call 764-7900.

Continued on page 14

Leisure Times

continued from page 11



Can you teach swimming?

Registration dates for instructional swimming classes

The MWR Aquatics Department is offering instructional swimming classes for active duty, reservists, retired military, DoD civilian employees, DoD contractors, and their dependents. All classes are taught by Red Cross certified instructors. Registration is in person at the MenRiv New Wave Aquatic Center on dates indicated unless stated otherwise.

All classes will be held in the mornings on Monday, Tuesday, Thursday, and Friday at the MenRiv New Wave Aquatic Center, and will continue for two weeks (eight classes). Preschool classes are for 30 minutes and all other classes are 45 minutes. Classes will be cancelled due to certain weather conditions. If a class is cancelled, a makeup will be scheduled. Other absences will not be rescheduled, except for students who present a doctor's

medical slip because of a medical appointment.

Instructional Classes (Level 1-7)

Pre-School (4 & 5 years old)
Beginners (Level 1)
Advanced Beginners (Levels 2-5)
Intermediate (Levels 6 & 7)
Swimmer (Levels 6 & 7)

The cost for instructional classes is \$40 and registration will be held at New Wave for the following class sessions:

| Class Session | Registration Dates |
|---------------|-------------------------|
| July 17-28 | July 10-12, 9 a.m.-noon |

Participants may register for any class at the above dates. Adult classes will be offered if there is enough interest. Adults may register at any time. For more information on adult classes, please call New Wave Aquatic Center at 764-7033.

3 on 3 B-ball...wanna' play?

Registration deadline announced for intramural 3 on 3 basketball

Registration for intramural 3 on 3 basketball is being held through Jul. 2 at Sam's Gym

Fitness Center. Play will begin Jul. 10. To register or for more information, call Sam's Gym Fitness Center at 764-4173.

Only kids need apply

Youth soccer registration to be held in July
Youth soccer registration will be held July 3-31 at the NWS Youth Center. Boys and girls (ages 4-15) may register. The cost is \$40, which includes shorts and jersey. The season will run from mid-September through November. Call 764-7530 for more information.

Grown up volunteers here

Free youth soccer registration for volunteer coaches!

The MWR Athletics office is seeking volunteer coaches for the upcoming youth soccer season. Any volunteer wishing to apply as a head coach of a youth soccer team will be entitled to one free youth soccer registration for their child! Coaches must attend a National Youth Sports Coaches Association (NYSCA) coach's certification class prior to the season. Registration for youth soccer is July 3-31. If you have any questions, please

call the Athletics office at 764-7530.

I'm sailing away...

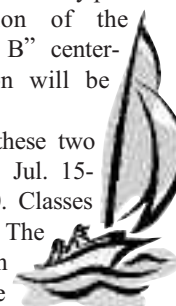
Sailing lessons at Short Stay

Learn to sail at Short Stay Navy Outdoor Recreation Area in Moncks Corner! Courses are 16 hours over a two-day period. After successful completion of the course, a "Class B" center-board certification will be issued.

Choose from these two scheduled classes: Jul. 15-16 and Jul. 29-30. Classes begin at 8 a.m. The cost is \$75, which includes course materials.

The classes are open to all eligible patrons of Short Stay. Students must be 18 years of age and have a valid ID card.

The classes are limited to the first six participants. Private instruction is available by appointment. For more information, call (843) 743-2608 or (843) 743-2366, ext. 230.



Early education, prevention key to healthy smiles, reducing unnecessary dental costs

By Terry J. Goodman
TRICARE Management Activity

FALLS CHURCH, Va. - Most educators agree that teaching children early helps build a solid foundation for future learning success. Part of a child's educational curriculum should include proper oral hygiene and prevention to ensure their smiles last a lifetime.

The TRICARE Dental Program, managed by United Concordia Inc., is supporting this education and prevention effort by promoting early enrollment of children in the dental program and encouraging dental examinations for infants by their first birthday.

According to Air Force Col.

Gary C. Martin, director, Dental Care Division, TRICARE Management Activity, children are automatically enrolled in the dental program at age four, but Martin recommends that parents enroll them by age one to promote good dental habits and prevention of tooth decay and gum disease.

Additionally, there are no copays for children in this age group for diagnostic and preventive services, excluding sealants.

"Early prevention and treatment not only promotes a lifetime of proper dental care, but it can prevent unnecessary and expensive surgical procedures," said Martin, who is also a dentist. "I can't emphasize enough the importance of enrolling children early in the TDP. It increases the probability of parents to use preventive measures for their children."

According to the American Dental Hygienist's Association (ADHA), dental decay (cavities) is the most

chronic disease of childhood, affecting 50 percent of children by middle childhood, 7 to 12 years of age, and more than 80 percent by late adolescence. The best way to ensure that children do not get cavities or periodontal disease is to instill proper oral habits early.

Dr. Samir J. Naik, a UCCI network dentist located in Falls Church, Va., shares Martin's view on starting dental education and prevention early in a child's life.

Parents should brush and floss their children's teeth until they are able to do it on their own, Naik said. When they are able to brush and floss themselves, parents should watch them and ensure they are doing a thorough job.

According to the ADHA Web site, waiting until the first tooth breaks the gum tissue may be too late to ensure healthy teeth and gums. Parents should regularly clean their baby's gums with a wet cloth. It stimulates the gum tissue and removes food.

When the first tooth cuts through, parents should use a soft-bristled toothbrush and a small amount (about the size of a pea) of fluoride toothpaste to prevent dental and gum disease.

Providing fillings, crowns and root canals are part of being a dentist, but Naik would rather his patients not require these costly and sometimes painful procedures, especially for children. Additionally, the earlier children start going to the dentist the more they will feel more at ease when going for their annual exams.

"They get used to being in a dental office early, and in my experience it definitely helps prevent dental phobia," Naik said. "Also, going to the dentist at an early age reinforces good oral hygiene habits at home."





4th of July Weekend

at Short Stay

Join Us For A Weekend Of
Swimming, Boating, Fishing
and Fun In The Sun!

Saturday, July 1
Street Dance: 7:00-11:00 pm
Fireworks Show: Dark

Sunday, July 2
Free Movie At Dark
"Ice Age 2: The Meltdown"
At The Outdoor Theater

July 3 & 4
Relax On Your Own
Call 743-2386 for more information.

New 2006-2007 State

HUNTING & FISHING

LICENSES & WPNSTA Permits




NOW ON SALE!

764-2120

Hours: Mon.-Fri. 11 am-6 pm Sat. 11 am-4 pm



Celebrate this year's Fourth of July safely

The National Council on Fireworks Safety, www.fireworksafety.com is urging Americans to take extra care when celebrating with fireworks this Fourth of July. The safety education group expects the use of fireworks to rise dramatically as Americans celebrate with a renewed sense of pride and patriotism.

Fireworks injury rates have declined by almost 75% during the past decade.

According to the U.S. Consumer Product Safety Commission (CPSC), there were an estimated 8,500 people treated for fireworks-related injuries in 2005. In 1990, the figure was 12,000.

However, the real story is that fireworks injuries have dropped radically. Injuries per 100,000 pounds of fireworks have dropped from 17.8 in 1990 to 4.6 in 2005, based upon statistics from the CPSC's NEISS system.

Manufacturers' participation in Federal safety regulations, combined with an increased consumer awareness, are making the Fourth of July holiday safer than ever. However, explosive devices like M-80s and M-100s continue to be a problem. Though banned since 1966, these illegal explosives still account for one-third of all Fourth of July injuries.

This Fourth of July, legal fireworks that meet the safety regulations of the CPSC will be on sale in 43 of 50 states and the District of Columbia.

Layout and Graphic Design by Bart Jackson

SAFETY TIPS:

To help you celebrate safely this Fourth of July, the Consumer Product Safety Commission and the National Council on Fireworks Safety offer the following safety tips:

1. Always read and follow label directions.
2. Have an adult present.
3. Buy from reliable sellers.
4. Use outdoors only.
5. Always have water handy (a garden hose and a bucket).
6. Never experiment or make your own fireworks.
7. Light only one firework at a time.
8. Never re-light a "dud" firework (wait 15 to 20 minutes and then soak it in a bucket of water).
9. Never give fireworks to small children.
10. If necessary, store fireworks in a cool, dry place.
11. Dispose of fireworks properly by soaking them in water and then disposing of them in your trashcan.
12. Never throw or point fireworks at other people.
13. Never carry fireworks in your pocket.
14. Never shoot fireworks in metal or glass containers.
15. The shooter should always wear eye protection and never have any part of the body over the firework.
16. Stay away from illegal explosives.

REMEMBER:

Fireworks of any kind are **NOT** allowed in any NWS Charleston housing area!

The cure for the summertime blues...

The acrid smoke wafting across the neighbor's fence; the sizzle and aroma of a thick steak hitting a hot grill; the sounds of laughter and delight as the backyard chef yells, "Come and get it!" These culinary assaults on the senses are a dead giveaway that the grilling season is upon us. What to do?

Head to the commissary for charcoal, lighter fluid, paper plates, napkins, soft drinks, snacks and, of course, the great selection of meats, fish, poultry, fresh produce and other things to barbecue - all at 30 percent savings!



Don't have a grill? That's not a problem. The Navy Exchange on Station has all types of grills ranging from the small simple grill for a couple of bucks to the considerably more expensive and impressive propane-powered, multi-level grill with electronic ignition and a set of gauges that would stop a flight engineer in his tracks. Either way, it's about the food and the technique, not the hardware.

Don't know how to grill? Again, it's not a problem. Just ask the gourmet chef next-door neighbor for some words of wisdom or check out a self-help book from your library. In the meantime, here are some helpful tips to make the grilling experience more enjoyable:



- * Place the grill outside at least 10 feet away from the house and anything that can burn.
- * When lighting charcoal briquettes using charcoal lighter fluid, apply the fluid and let it soak in a minute or two.
- * When using an electric charcoal starter, be certain to stand on dry ground before plugging it in. It will be hot after use so place it where no one can touch it.
- * NEVER, NEVER, NEVER use gasoline to light charcoal!
- * Prevent cross-contamination of harmful bacteria by keeping raw meat separate from cooked meat. Do not use the same plate or utensils for raw and cooked meat.
- * Cook hamburgers and other ground meats until they are well done and their centers are no longer pink. Because of potential serious bacteria contamination, the heyday of the juicy rare burger with a pink center is over.
- * Experiment with sauces and marinades. Marinating or basting will add a deep, flavorful taste to meats. Be careful to avoid cross-contamination: Do not baste meat on the grill with marinade that was used on uncooked meat.
- * Try grilling vegetables. Get unique taste sensations by grilling ordinary vegetables basted in sauces and sprinkled with dry herbs.
- * Tenderize pork chops and chicken by microwaving them for a couple of minutes and soaking them in a barbecue sauce for about 30 minutes.
- * Try grilling corn-on-the-cob. Wrap the ear of corn in foil along with a pat of butter and a touch of barbecue sauce. Place the corn on the grill for seven to 10 minutes.
- * Don't overcrowd the grill. If you do, the foods will just steam and not cook properly.
- * Prevent scorched food by extinguishing fire flare-ups with a clean spray bottle of water kept near the grill.



Remember two things to ensure a safe cookout.

The "danger zone" for growth of harmful bacteria is 40 degrees Fahrenheit to 140 degrees Fahrenheit, so keep cold foods cold and hot foods hot and use them within two hours or throw them out. Hand washing is a necessity for safe food preparation; wash hands thoroughly before handling food and frequently throughout the cooking process. Now you have a head start on a safe, successful, fun and delicious grilling season.

Oh, and don't forget to invite your neighbors!





Naval Hospital Charleston Laboratory Accredited

By: Anthony Phipps
College of American Pathologists

Naval Hospital Charleston's laboratory has been awarded an accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on the results of a recent on-site inspection.

The laboratory's director was advised of this national recognition and congratulated for the "excellence of the services being provided." Naval Hospital Charleston's laboratory is one of the more than 6,000 CAP accredited laboratories nationwide.

The CAP Laboratory Accreditation Program, begun in the early 1960's, is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

During the CAP accreditation process, inspectors examine the laboratory's records and quality control of procedures for the preceding two years. CAP inspectors also examine the entire staff's qualifications, the laboratory's equipment, facilities, safety program and record, as well as the overall management of the laboratory. This stringent inspection program is designed to specifically ensure the highest standard of care for the laboratory's patients.

The College of American Pathologist is a medical society serving nearly 16,000 physician members and the laboratory community throughout the world. It is the world's largest association composed exclusively of pathologist and is widely considered the leader in laboratory quality assurance. The CAP is an advocate for high-quality and cost-effective medical care.



Photo by JO1(SW) Brianna Dandridge

Put your hands behind your back sir...

Station Security members participate in non-lethal instructor training. MA2 Robert Fleming (front) is "apprehended" by MA2 James Rogers, also pictured is MA2(SW) Robert Donald (rear) being subdued as well.

Wellness Tip

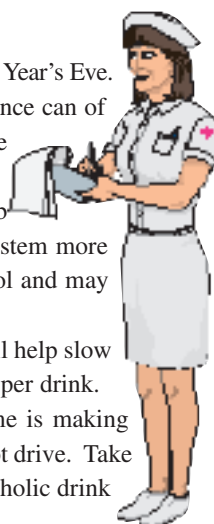
July is Summer Safety Month - Week 1 - Parties and Alcohol

Here are some facts that every party host should know:

1. The Fourth of July is the second most deadly holiday behind New Year's Eve.
2. Beer and wine are just as intoxicating as hard liquor. A 12-ounce can of beer, a five ounce glass of wine, a 12-ounce wine cooler, or an ounce and a half of hard liquor all contain the same amount of alcohol.
3. Mixers won't help dilute alcohol. Carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more.

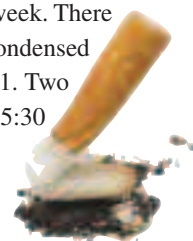
4. Coffee and cold showers won't sober up your guests. Food will help slow absorption. Only time can make someone sober ñ at least one hour per drink.

Responsible hosts know that part of showing guests a great time is making sure they get home safely. Guests who have been drinking should not drive. Take their keys and arrange for rides. For more information and non-alcoholic drink recipes go to www.madd.org.



Tobacco Cessation

Tobacco Cessation classes for the month of July are beginning this week. There will be 3 series of classes in July. The Naval Hospital series will be condensed into 3 sessions on Tuesdays from Noon to 1:00 p.m. starting on July 11. Two Naval Weapons Station series lasting four weeks will be offered from 5:30 to 6:30 p.m., starting on Wednesday July 5 and Thursday July 6. Please call 743-7199 for information and registration.



www.nwschs.navy.mil

First Command
High Quality. No Pressure.

Freedom Fest

Marrington Plantation

FREE!

Saturday July 1

Gates Open: 5:00pm

Live Music from PLANE JANE 6:00-9:00 pm

FIREWORKS SHOW! Starts At 9:00 pm

MECHANICAL BULL RIDES!

JOUSTING & SUMO WRESTLING!

"GRAB FOR CASH" BOOTH!

Presented By First Command

Prizes! • Cold Beverages! Great Food! • Kids' Games!

Presented By Your MWR Department. Additional Sponsorship Provided By Charleston Mitsubishi

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